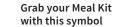


# Roasted Lamb Rump & Israeli Couscous Salad

with Garlic Feta Greens & Truffle Mayo

AL FRESCO









Garlic & Herb Seasoning

Israeli Couscous





Chicken-Style Stock Powder

Green Beans





Baby Cauliflower

Cherry Tomatoes





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Pine Nuts

Rocket Leaves





Balsamic Glaze

Italian Truffle Mayonnaise





Lamb Rump

Cow's Milk Feta

Prep in: 35-45 mins Ready in: 45-55 mins

Embrace the balmy summer days and nights while you dine outdoors with our delicious Al Fresco recipes. These satisfying share-style meals are packed with fresh and seasonal ingredients, perfect for entertaining.

Pantry items
Olive Oil

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
lamb rump	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
Israeli couscous	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
green beans	1 bag (100g)	1 bag (200g)
baby cauliflower	1 bag	1 bag
cherry tomatoes	1 punnet	1 punnet
lemon	1/2	1
garlic	2 cloves	4 cloves
pine nuts	1 packet	2 packets
cow's milk feta	½ packet (95g)	1 packet (190g)
rocket leaves	1 small bag	1 medium bag
balsamic glaze	1 bottle (25ml)	2 bottles (50ml)
Italian truffle mayonnaise	1 packet (40g)	2 packets (80g)

<sup>\*</sup>Pantry Items

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4383kJ (1048Cal)	752kJ (180Cal)
Protein (g)	54.2g	9.3g
Fat, total (g)	59.8g	10.3g
- saturated (g)	27.7g	4.8g
Carbohydrate (g)	49.1g	8.4g
- sugars (g)	13.5g	2.3g
Sodium (mg)	2250mg	386mg

The quantities provided above are averages only.

## **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!

Scan here if you have any questions or concerns



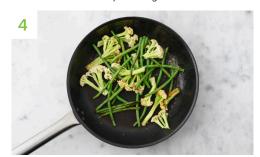


## Roast the lamb

- Preheat oven to 220°C/200°C fan-forced. Lightly score lamb fat in a criss-cross pattern.
- Place lamb, fat-side down, in a large frying pan (no need for oil!). Place pan over medium heat and cook, undisturbed, until golden, 10-12 minutes.
- Meanwhile, combine garlic & herb seasoning and a splash of water in a small bowl. Season.
- Increase heat to high and sear lamb rump on all sides for 30 seconds.
- Transfer lamb, fat-side up, to a lined oven tray. Use back of a spoon to spread seasoning mixture over the lamb. Roast for 15-20 minutes for medium or until cooked to your liking.
- Remove lamb from the oven, cover with foil and set aside to rest for 10 minutes

**TIP:** Starting the lamb in a cold pan helps the fat melt without burning.

**TIP:** The lamb will keep cooking as it rests!



# Cook the veggies

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook green beans and baby cauliflower, tossing, until tender,
   5-6 minutes.
- Add garlic and cook until fragrant, 1-2 minutes.
   Season with salt and pepper.
- Transfer to a serving plate and sprinkle over cow's milk feta (see ingredients).



## Make the couscous

- While the lamb is roasting, boil the kettle.
- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast Israeli couscous, stirring occasionally, until golden, 1-2 minutes.
- Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes.
- Drain and return couscous to the pan with chicken-style stock powder and a drizzle of olive oil.



## Get prepped

- Trim **green beans**. Trim **baby cauliflower** (halve any thick stalks lengthways).
- Halve **cherry tomatoes**. Zest **lemon**, then cut into wedges. Finely chop **garlic**.
- Return the frying pan to medium-high heat. Toast **pine nuts**, tossing, until golden,
- **2-3 minutes**. Transfer to a bowl and set aside.



## Toss the salad

- To the drained couscous, add cherry tomatoes, rocket leaves, lemon zest and a good squeeze of lemon juice. Season and toss to combine.
- Transfer to a serving bowl, then drizzle over balsamic glaze and garnish with pine nuts.



## Serve up

- Slice lamb and serve with Italian truffle mayonnaise.
- Bring everything to the table to serve.
- Help yourself to roasted lamb rump, Israeli couscous salad and garlic feta greens. Enjoy!

#### Rate your recipe

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